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OTTAWA

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Tuesday, August 30, 2011
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News worth sharing.

Slam. Dunk



► Linroi Russell dunks one in at the YMCA in Orleans, which the Life Christian School uses for gym classes and sports practices. Russell was part of a group of students from the Bahamas that moved to Ottawa to pursue basketball scholarships. They had some tense moments when they arrived, waiting to hear from loved ones who were in the path of Hurricane Irene. Story, page 3.

JESSICA SMITH/METRO

Activists seek key to get cuffed

► Legal team trying to figure out how to get protesters arrested during peaceful sit-in on the Hill ► Tarsands protest won't include property damage or danger, but may block entrances to Parliament, organizer says

Environmental activists are planning to get arrested during a show of civil disobedience on Parliament Hill on Sept. 26 — but don't know yet how they can remain peaceful and still get incarcerated.

Greenpeace, the Council of Canadians and the Indigenous Environmental Network are organizing a peaceful sit-in modeled after the ongoing Keystone Pipeline demonstrations in front of the White House, said Clayton Thomas-Muller, the tarsands campaign coordinator for the IEN.

"The current lack of climate policy in this country, the commitment to dirty energy and marketing that dirty energy all over the world calls for citizens of Canada to step up and put their bodies on the line, so to speak," said Thomas-Muller.

Thomas-Muller said their goal of getting arrested is part of the tradition of the civil-rights movement, but organizers don't know exactly what they're going to do to accomplish it.

"We don't really have that particular piece outlined at this point,



"One thing we do know is that on the 26th, we've already got 250 folks from all across the country, all age groups, from different cultural, religious and ethnic backgrounds, that have already signed up to get arrested at Parliament over the Harper government's energy policy."

CLAYTON THOMAS-MULLER

given that the majority of Hill sit-ins are perfectly legal in our country. So, the actual scenario for how folks are going to be getting arrested hasn't been done," said Thomas-Muller. ● JESSICA SMITH

On edge while waiting on news of Irene

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New basketballers keep eye on Irene

JESSICA SMITH
@METRONNEWS.CA

The four newest members of the Life Christian Academy basketball team moved from the Bahamas to Orleans last week — only to turn their attention right back home as their country was hit by Hurricane Irene.

"We were very worried," said coach Silbert Ray Evans. "It took some of us a

day, two days, three days, before we heard back from family members."

It turned out a little damage to Evans' aunt's roof was the worst that happened.

Now Evans must transform the athletic program at the 65-student school, which didn't have an indoor gym until they started using the YMCA this year.

Evans coached the Blazers in the Bahamas and was trying to get his players into Life Christian Academy in North Carolina, when he called Ottawa school principal Michael Karpishka by mistake. Karpishka offered him a job as athletic director and five of his players were accepted to the school. More are coming next year.



► From left, Silbert Ray Evans, Donald (Pro) Gibson, Bijan Duncombe, Nathaniel Nawbold Jr., Linroi Russell and Principal Michael Karpishka pose for a photo outside of the Life Christian Academy in Orleans yesterday.

Online voice for the homeless

► Mark Horvath hits the road to find out the 'real' stories from Canadians living on the streets

JOE LOFARO
@METRONNEWS.CA

Mark Horvath struggled with drug and alcohol addiction in the mid-1990s, which left him homeless on Hollywood Boulevard and then living in a church for seven years. After turning his life around, the recent economic downturn resulted in layoff after layoff.

"Facing homelessness a second time, I went out and grabbed my camera and used my gifts to start empowering homeless people to tell their own story," said Horvath.

Stopping in Ottawa on a cross-Canada trip, Horvath approached homeless people in the downtown area, offered them socks and water, and asked them about living on the streets and

"We need to listen to the homeless mom living in her van."

MARK HORVATH, HOMELESS ADVOCATE

how they got there.

His unedited interviews are uploaded to his website, invisiblepeople.tv.

He says he wants to inspire people to support groups such as the Salvation Army.

"We don't need to listen to another politician or an executive director or some professor from some college. We need to listen to the homeless mom living in her van," he said.

He started his trip July 4 in Victoria and hopes to use social media, a camera and an open ear to make a difference as he heads for St. John's, N.L., by Sept. 12.



► Mark Horvath interviews a woman in Ottawa near the McKenzie King Bridge.

1
news



School is never out and school is never in for growing number of kids who are "unschoolers." Scan code for story.

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Ontario students' math scores stalling, but reading takes off

► 58% of Grade 6 students meeting provincial math standards ► More elementary-level instruction urged



JESSICA SMITH
@METRONEWS.CA

Ontario's math and language test results are in and show that elementary school students aren't doing much better in math than classes that came before them.

While language results are improving year-over-year, the percentage of students that meet the provincial standard in mathematics in grades 3 and 6 has stayed basically flat, according to the results published by the Education Quality and

Accountability Office yesterday.

"I think the results show a relatively high proportion of students achieving the provincial standard, but they have not improved over the last five years," said Michael Kozlov, director of data and support services with the EQAO.

"Therefore I think that the education community, all the way down from the minister of education to teachers in schools, should be attending to that and directing specific attention to mathematics instruction at the elementary level."

The percentage of elementary school students achieving the standard in mathematics in grades 3 and 6 has remained stable over the past five years, at 69 per cent and 58 per cent respectively.

In high school over the past five years, the percentage of students meeting the standard in mathematics rose from 71 per cent to 83 per cent in the academic course and from 35 per cent to 42 per cent in the applied course.



For more news, visit
metronews.ca/ottawa



► Maureen Basnicki with her late husband Ken at a New Year's Eve party in 1999.

9-11 widow applauds NAC's commemorative concert

The National Arts Centre will host an open-air concert on Sept. 11 at 8:46 a.m. to mark the 10th anniversary of the terrorist attacks in New York City, Pennsylvania and Washington.

"I think it's just wonderful that it's being held in our nation's capital and gives average Canadians

the ability to show their strength and solidarity as they did 10 years ago," said Maureen Basnicki from Toronto.

Her husband Ken was killed in one of the attacks. She said she thinks the concert is a great way to remember the 24 Canadians who died and to support

Canadian forces that continue to fight terrorism.

Still, she is lobbying to have a national day of service and remembrance in Canada. "It should be a day of celebration of our strengths and our values and focus on community building and acts of good deeds." • JOE LOFARO



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Irene lashes Quebec, Maritimes

RYAN REMIORZ/THE CANADIAN PRESS

► At least two people missing after post-tropical storm ► Forecasters warn of possible storm surges

The impact of post-tropical storm Irene left some 165,000 power customers in Quebec without electricity yesterday, while tens of thousands more in New Brunswick and Nova Scotia were also waiting for the lights to come back on.

The storm may also be to blame for a road collapse yesterday about 100 kilometres northeast of Montreal, where the resulting crevasse swallowed two cars and left authorities searching for a missing driver.

Early yesterday, the storm still packed a windy punch as it rolled through Eastern Canada — where it flooded roads, snapped trees and knocked out power. **THE CANADIAN PRESS**

Missing people

In Quebec, provincial police were searching yesterday for a motorist who disappeared after a landslide sent a chunk of roadway pummelled by the storm tumbling into the Yamaska River.

► Police spokesman Benoit Richard said the driver of one vehicle scrambled out to safety, as did one of the two occupants of the second car.

► Meanwhile, Quebec police said they were also looking for an 81-year-old man who vanished Sunday after leaving his cottage on foot during the storm.



► Fernande Simard, 92, looks at the damage caused to her neighbour's house after a 300-year-old tree was blown down by the remnants of Irene yesterday in Montreal.

Happy Feet heads home

MARK MITCHELL/THE ASSOCIATED PRESS



► Happy Feet

The wayward emperor penguin dubbed Happy Feet craned his head and flapped his flippers as he started his journey home to cooler southern waters yesterday.

The penguin was moved from the Wellington Zoo in New Zealand, where staff has cared for him for the past two months, to the research ship Tangaroa, which will release him after four days at sea.

The Tangaroa is New

Zealand's largest research vessel and was already scheduled to head into frigid southern waters to check on fish numbers in order to set fishing quotas.

The penguin was found on a New Zealand beach June 20, far from his Antarctic feeding grounds. He was moved to the zoo after he became ill from eating sand that he likely mistook for snow. He's since regained weight.

THE ASSOCIATED PRESS

News in brief

Wife charged after man detects gas

A woman has been arrested after a man woke to the smell of gas in his home.

The 51-year-old man, a resident of Piney, Man., discovered his propane stove had been left on. While trying to get the gas to dissipate, it ignited

and the man was slightly injured. The man then noted his common-law wife and all the pets were not in the home, and a vehicle was gone.

The man's 47-year-old wife was arrested the next day and charged with attempted murder.

● ELISHA DACEY

Ottawa can't hide behind emails: Court

Ottawa has been told it has to cough up emails sought in a case involving

aboriginal businesses or do a better job of justifying why it shouldn't. In January 2010, Tribal Wi-Chi-Way-Win Capital Corp. asked Federal Court in Winnipeg to review an Aboriginal Affairs program that provides subsidies to banks.

The parties have been arguing over what should be admissible as evidence and Ottawa claims cabinet confidentiality for emails. But a Federal Court official has ruled that emails don't qualify and are admissible.

THE CANADIAN PRESS

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Eight kids hurt in Shanghai slashing

► Rise of violence at schools worries migrant workers

A worker slashed children with a knife at a daycare centre for migrant workers in eastern China yesterday, wounding eight of them, one seriously.

The attack happened at noon at an informal daycare centre in Shanghai's suburban Minhang district, home to many migrant workers.

A woman was taken into custody and police were investigating, said Zhuang Liqiang, an officer in the information services department of the Shanghai Public Security Bureau. He did not provide further details.

Of the eight children sent to the hospital for treatment, four suffered light injuries and one was relatively seriously hurt,

Schooling crisis

► Chinese schools and nurseries have increased security following a spate of gory rampages in schools and other public places in recent years in which dozens of people died or were injured.

► With tens of millions of migrant parents working far from their rural homes in big cities, families are often split, the children only loosely supervised or looked after by grandparents and other relatives.

but none faced life-threatening injuries, the official Xinhua News Agency and local reports said.

The reports said the al-

leged attacker had suffered a "psychotic episode."

Shanghai's Dragon TV showed children's clothing at the hospital covered with blood. Doctors said they had to cut off the clothes quickly to treat the children's injuries.

Migrant workers often struggle to find decent child care for their children, who are not usually qualified to attend city public schools and often cannot afford the high fees charged by private facilities.

The problem has been worsened by local moves to close the informal schools and nurseries that cater to migrant families, ostensibly due to safety concerns.

THE ASSOCIATED PRESS

Uganda. Disaster.



► Survivors of recent mudslides stand next to a half-submerged building at Sisiyi Sub County in Bulambuli district, Uganda, yesterday.

STEPHEN WANDERA/THE ASSOCIATED PRESS

Homes buried in deadly landslides

Landslides killed at least 29 people yesterday in an eastern district of Uganda, including children buried in their homes, officials said. At least 22 houses were buried after heavy rainfall caused landslides in the Mabono village, 250 kilometres east of Kampala. Last year, over 300 people were killed by landslides in the region.

Gadhafi's wife, three children flee to Algeria

Moammar Gadhafi's wife and three of his children fled Libya to neighbouring Algeria yesterday, firm evidence that the longtime leader has lost his grip on the country.

Gadhafi's whereabouts were still unknown and rebels are worried that if he remains in Libya, it will stoke more violence.

Rebels also said one of Gadhafi's other sons, elite military commander

Khamis, was probably killed in battle.

The Algerian Foreign Ministry said in a statement that Gadhafi's wife Safia, his sons Hannibal and Mohammed, and his daughter Aisha entered the country across the land border. It said Algerian authorities have informed the United Nations secretary general, the president of the UN Security Council and the head of the Libyan

rebels' transitional leadership council.

Ahmed Jibril, an aide to rebel National Transitional Council head Mustafa Abdul-Jalil, said officials would "demand that Algerian authorities hand them over to Libya to be tried before Libyan courts."

Gadhafi's children played important roles in Libya's military and economic life.

THE ASSOCIATED PRESS



► Aisha Gadhafi, daughter of ousted Libyan leader Moammar Gadhafi

Lockerbie update

► The former Libyan intelligence officer convicted in the 1988 Lockerbie plane bombing is close to death and slipping in and out of consciousness, his family said yesterday, a week after the regime that protected him was ousted from power.

► Abdel Baset al-Megrahi was the only person con-

victed for the bombing over Lockerbie, Scotland, that killed 270 people. He was released from a Scottish prison on humanitarian grounds in 2009 after doctors predicted he would die of prostate cancer within three months.

► The downfall of the Gadhafi regime spurred calls from the U.S. and Europe that al-Megrahi be returned to prison.

PHOTO: CREDIT: LINDA LEON

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No merger, says Rae

► Liberals to focus on being 'an effective opposition' to the Tories

Veteran Liberal MP Denis Coderre says he favours merging his party with the New Democrats.

But the Montreal MP seems to be a lone voice at a four-day Liberal caucus retreat to plot strategy for next month's resumption of Parliament.

Interim leader Bob Rae and other current and former MPs say a merger is not in the cards, even

"People are free to talk about whatever they want to talk about, but it's not on my agenda at the moment."

BOB RAE, INTERIM LIBERAL LEADER

with both opposition parties weakened and leaderless following the death of Jack Layton.

Coderre says the outpouring of grief for Layton signalled to him that Canadians want a united, progressive alternative to

the Conservatives.

But Rae says such a merger is not on the table.

Other Liberals attending the four-day caucus retreat also insist the Liberals can make a comeback.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



► Bob Rae speaks at the Liberal retreat yesterday.

STUDENT SUCCESS



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New students should provide:

- EITHER parental OR child's CATHOLIC baptismal certificate for students in junior kindergarten to grade 8;
- A record of immunization and Ontario Health card;
- A report card from the student's previous school; and
- For junior and senior kindergarten students, child's birth certificate or other government document to show proof of age.

Registration of new students takes place at each school. We welcome non-Catholics in our elementary and intermediate schools on a space availability basis — call your local school for more details. Catholic high

schools are open to all students. Elementary school offices will be open for registration on Monday, August 29. High schools are open all summer.

Kindergarten Eligibility

Junior and senior levels include children who will be 4 or 5 years of age on or before December 31, 2011. For a list of schools offering full-day kindergarten, and those that offer before and after school programs, please visit <http://www.ottawacatholicsschools.ca/content.php?doc=6418>.

Family Welcome Centre

Families new to Canada or Ontario who wish to register a student in the Ottawa Catholic School Board **AND whose first language is not English**, are invited to begin their journey by visiting the Family Welcome Centre for language assessment and help with the registration process. Please call 613-233-5670 for an appointment.

Transportation

Transportation is provided for senior and junior kindergarten students who live at least 0.8 km from the school. For students in grades 1-8, the minimum distance is 1.6 km, while the distance for grades 9-12 is 3.2 km. Eligible secondary students who take OC Transpo buses to school will be provided with passes or tickets for the months of September to June. Bus schedules are available on the Board's website at www.ottawacatholicsschools.ca or on the Ottawa Student Transportation Authority (OSTA) website at www.ottawaschoolbus.ca. Midday kindergarten

schedules and regular am/pm routes will be made available at elementary schools on August 29. Schools may be contacted directly after that date. Information regarding school bus routes can also be obtained by calling the OSTA at 613-224-8800, ext. 2580.

Adult Education

The Ottawa Catholic School Board also offers a full range of learning opportunities for adults. For details, please call the Continuing Education Department at 613-228-3338 or St. Nicholas Adult High School at 613-228-8888 or visit <http://continuingeducation.ottawacatholicsschools.ca/index.php>.



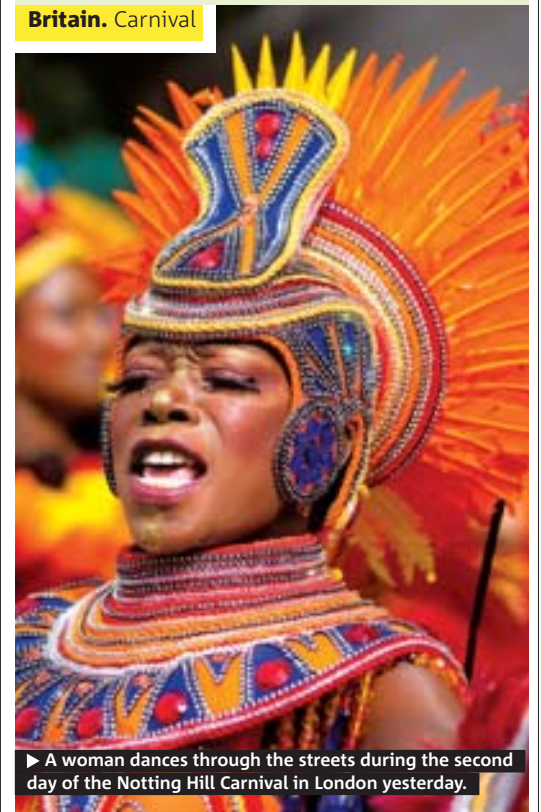
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613-224-2222
www.OttawaCatholicSchools.ca

Gordon Butler, Chairperson
Julian Hanlon, Director of Education



Britain. Carnival



► A woman dances through the streets during the second day of the Notting Hill Carnival in London yesterday.

SIMON DAWSON/THE ASSOCIATED PRESS

Taking it to the streets

The carnival, Europe's largest street festival, began successfully with few problems reported on Sunday. The festival closed before dark this year to discourage any repetition of the arson and looting that erupted in Britain earlier this month.

Seniors' effect on health care overblown: Studies

Fears Canada's aging population could lead to soaring health-care costs may be greatly exaggerated.

Two studies by economists at the University of British Columbia say other factors are driving up costs — the growing use of specialists, increasing diagnostic tests for the

64 The percentage by which spending on diagnostic services increased for people over the age of 75 over 10-year period.

elderly and more costly drugs.

Both studies concluded that neither the sharpest rise in cost nor the larger share of the increase was driven by the aging population, but by factors that can be controlled by health-care providers or policy makers.

THE CANADIAN PRESS

[illegible]

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\$48M FROM PROVINCE

Magna commits to electric

Magna International Inc. is spending \$430 million to research and develop electric-vehicle technology in Ontario, a move that will create more than 700 jobs in the province.

Economic Development Minister Sandra Pupatello, who together with the company made the announcement

yesterday, said the province will contribute \$48 million to help fund 19 R&D projects over the next six years.

The projects include developing concept electric cars, parts for hybrid vehicles, metallic components, alternative energy and ways to improve fuel efficiency.

The province said the plan will also help protect about 1,300 jobs at Magna's factories.

"What powers our cars is changing, the pieces that go into making a vehicle are changing," Pupatello said.

THE CANADIAN PRESS

Market moment





Dollar	TSX	Oil	Natural gas
			
+ 0.61¢ (102.34¢ US)	+ 177.34 (12,504.85)	+ 1.90¢ US (\$87.27 US)	\$3.902 (- 1¢) Gold \$1,791.60 (- \$5.70)

PHOTO BY JIM P. M. VETTER/DAVID

Deluded about our debt

ISTOCK

► Being debt-free by age 55 won't just happen, say experts ► Most people that age are still paying

If experience is any indication, many Canadians could find themselves in debt years longer than they originally expected, according to a new poll issued yesterday by CIBC.

The poll, conducted for CIBC by Harris-Decima, reveals that, on average, Canadians holding some form of debt today feel they will be debt-free by age 55.

But the poll also found that only about 35 per cent of Canadians currently in the 55-to-64 age group — or just over a third — are actually debt-free.

The findings appeared to hold true for all age groups polled.

For example, Canadians 25 to 34 on average told the pollsters they expected to be debt-free by age 44.

"Paying down your debt is no different from having a plan to put money away for retirement. ... You need a goal and a plan to get you there."

CHRISTINA KRAMER, CIBC

However, the poll found that only 18 per cent of those now in the 45-to-54 age group were, in fact, debt-free.

"Being debt-free is a long-term financial goal for many Canadians," said Christina Kramer, executive vice-president, Retail Distribution and Channel Strategy, CIBC.

She notes, however, that this disparity between expectations and results sug-



► The passage of time alone is not enough to become debt-free — you need a plan.

gests that Canadians need to remain focused on a debt repayment strategy.

"It can be tempting to believe that 10 years from now you will be better off financially and will have paid down your debt con-

siderably, but the reality is that it takes a slow and steady approach to both debt management and savings to make progress towards your financial goals," Kramer said.

THE CANADIAN PRESS

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Antique fortune teller worth a fortune?

MICHAEL ALBANS/THE ASSOCIATED PRESS

The Gypsy sat for decades in a restaurant in the former Montana gold rush town of Virginia City, her unblinking gaze greeting the tourists. But until a few years ago, nobody, not even her owner, knew the machine gathering dust in Bob's Place was an undiscovered treasure.

Word got out when the Montana Heritage Com-

mission began restoring the Gypsy more than five years ago, and collectors realized the machine was one of two or three "verbal" fortune tellers left in the world.

When functional, the machine could actually speak your fortune from a hidden record player.

One of those collectors, magician David Copper-

field, said he thinks she is even rarer than that.

"I think it's only one," Copperfield said.

Theo Holstein, a California collector and renovator of such machines, said he wouldn't be surprised if the machine ultimately sold for \$10 million US or more. Copperfield also said he is interested in purchasing it. THE ASSOCIATED PRESS



► Collectors say the 100-year-old fortune-teller machine could be the last of its kind, and worth as much as \$10 million US.

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LAST CALL FOR SUMMER

SHE SAYS ...

JESSICA NAPIER
METRO



I have terrible news, everyone, there is only one week left of summer. Sure, autumn doesn't technically begin until the fall equinox sometime in mid-September, but we all know that the day after Labour Day is the unofficial end of the season. Next Tuesday means back to school and back to reality for those of us enjoying summer hours and vacant workplaces. So how did your summer measure up? Have you appreciated each minute of daylight and every ray of sunshine? Probably not, but with seven days left you've still got some time to take advantage of Canada's favourite fleeting season. This week, try to do all five of these summertime activities — whether it's your first time or your one-thousandth time — before it's too late.

Enjoy a meal al-fresco: While the weather forecast is still bearable, indulge in a little open-air gastronomy. Take a seat on a sidewalk patio or pack a picnic for a nearby park or your own backyard. Sure, you'll be terrorized by wasps and ants, but that's just part of the fun.

"Wear white all week long because soon you'll have to say goodbye to those pale pieces and unpack your collection of flannel. Sure, you can try to get away with that eyelet sundress after Labour Day, but you know this age-old fashion faux pas won't go unnoticed."

dals make sure you go out in style. Get buffed, clipped, filed and polished — for the sake of your own hygiene and for everyone who has to peek at those toes on display.

Ride a bike: Sure, there are hardy people who insist on peddling year-round, but for most of us, the idea of cycling through the city streets in a snowstorm is just insane. This week, take the opportunity to do some last-minute two-wheeling around your favourite trails before layers of leaves, ice and slush cover them up for months to come.

And so, the summer countdown is on. Only 10,080 minutes left to get outside and savour the season.

Read more of Jessica Napier's columns at metronews.ca/shesays

So how did your summer measure up? Have you appreciated each minute of daylight and every ray of sunshine? Probably not, but with seven days left you've still got some time to take advantage of Canada's favourite fleeting season. This week, try to do all five of these summertime activities — whether it's your first time or your one-thousandth time — before it's too late.

Wear white: White dresses, white pants, white fedoras — in cotton, in linen, in silk. Wear white all week long because soon you'll have to say goodbye to those pale pieces and unpack your collection of flannel. Sure, you can try to get away with that eyelet sundress after Labour Day, but you know this age-old fashion faux pas won't go unnoticed.

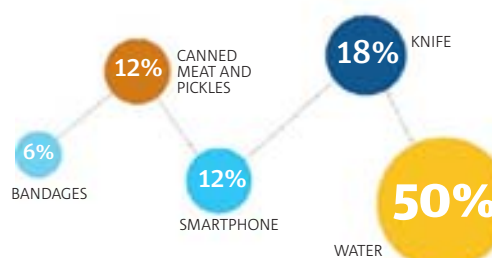
Take a dip: Find the closest pool, lake or ocean and take the plunge — because nothing can compare to splash-splashing around in the great outdoors.

Get a pedicure: You'll be back in waterproof boots and practical (read: ugly) footwear soon enough, so if you're going to slip on sandals



Register at
metropolitanpanel.ca
and take the quick poll

What's the No. 1 item you'd put in your doomsday survival kit?



Local tweets



#ThingsBetterThanTheCarterIV

- @heyyouhipster: #Things-BetterThanTheCarterIV is everything and anything. Lil Wayne is garbage.
- @jasonbrum: Stepping on a Lego piece, barefoot.
- @RyanYoungScarb: lets get real those are better than anything RT @TheGreatKingSIR
- #ThingsBetterThanTheCarterIV Red Lobsters cheese biscuits

- @danreina1: LeBron James in the 4th quarter
- @xaviertorres_: ... I'm so upset that this is trending man.
- @Tylermccallion: Walking in wet socks
- @makaveli_thadon: Sitting at home doing absolutely nothing, being bored out of my mind. That guy has 1 annoying voice
- @Mr_AndrewHunt: Getting a beard hair caught in an electric razor
- @PCauzBeats: Can't hate on this! 3 #toronto producers laid out beats for the most solid tunes on the album. Canada's comin'!

Letters

RE: 'There's still a lot of prejudice': Activist, published Aug. 29

While the picture on the front page is wonderful and the caption is well stated, the article on page 3 was an enormous letdown.

The plight of the GLBTQ community is one I am quite aware of and dedicated to. I agree that there is still much prejudice to be overcome, and the rally was incredibly important, but the point of the parade itself was overlooked.

The Pride Parade is a way for the GLBTQ community to CELEBRATE themselves in every way possible, not to focus on the negativity! In my opinion, the article should have had a more positive tone — as stated on the front page, almost TWICE the number of people came out this year!

The more the community is entrenched in society in a positive way, the more we will see acceptance and support for the individuals in the community emerge.

AMBER-DAWN DAVISON,
OTTAWA

Cartoon by Michael de Adder



WEIRD NEWS

They say money doesn't grow on trees, but it does fall from trucks ...

The fantasy of seeing banknotes fluttering down from the sky came true for Dutch motorists after a package containing cash apparently fell from a bank transport truck and broke open.

The incident triggered a danger-

ous scramble for the euro bills yesterday on the busy highway near Maastricht, in the Netherlands, as people parked cars on the road's shoulder and ran to scoop up loose notes.

Police in the southern Dutch province of Limburg confirmed in their Twitter feed "it briefly rained bank bills."

Reporter Rudy Bouma told national broadcaster NOS he saw people grabbing handfuls of cash before hopping back into their cars and driving away.

It was not clear how much cash was lost, or how it could have fallen from the truck.

THE ASSOCIATED PRESS

2
scene

Scene in brief



Michael Jackson's children and father visited the late pop star's boyhood home in Gary, Ind., as the town celebrated what would have been his 53rd birthday. Fans took part in activities outside the house in Jackson Street over the weekend ahead of Jackson's birthday on Monday.

THE ASSOCIATED PRESS



Jamaica's Jolly Boys enjoying international success after nearly 60 years as a band.



► Lloyd Robertson has anchored the evening news in Canada through the terms of eight prime ministers.

Lloyd lays down his mic

► National News anchor set to wrap final newscast on Thursday ► At age 77, Robertson shuns the word 'retirement', and sets sights on new projects

It's a perfect summer day in August, and Lloyd Robertson seems almost relieved to be back at work.

The 77-year-old has entered the final stretch, and Thursday — when he is set to wrap his final newscast at the helm of CTV National News, thus ending the longest-ever reign of a North American national anchor — is looming.

But for now, Robertson is exactly where he wants to be, amid the buzz and swarm of CTV's hive of a news hub as he and his col-

leagues begin to stitch together the evening's nightly program.

"It's all (the viewers are) talking about," Robertson said in a recent interview, taking a brief break from the night's work. "When is the day? 'When are you stepping down?' 'Retirement.'"

"Only, I try to steer them away from the word 'retirement,' because I'm still going to be doing things."

So Robertson won't be stopping, at least not entirely. He'll contribute to

CTV's flagship news magazine series W5 and has a series of vignettes on determined young people to lead into next year's Olympics.

But it's clear that stepping away from the anchor's chair will still feel like the end of something significant to Robertson.

After all, he has anchored the evening news in this country through the terms of eight Canadian prime ministers and eight U.S. presidents.

He's covered three

Olympic Games held within our borders. He's reported on the moon landing, on Terry Fox's Marathon of Hope, on the fall of the Berlin wall, on the death of Princess Diana and on the terrorist attacks of 9-11.

That sort of prominent longevity is impossibly rare in the TV business nowadays, said CTV's chief political correspondent Craig Oliver. "He's the last of a breed of really high-profile, influential anchors."

THE CANADIAN PRESS

A life in the limelight

► Growing up in Stratford, Ont., Robertson was fascinated with broadcasting as early as his pre-teen years. He aspired to work for the local radio station, CJS, finally achieving his goal after graduating high school.

► Robertson moved up the ladder quickly. He was only 20 when he went to work for CBC and 22 when he married his high school sweetheart, Nancy. The couple bounced from Winnipeg to Ottawa to Toronto, starting a family along the way.

► In 1970, he claimed the anchor position at CBC's The National. It was, of course, a dream gig for a broadcast news hound but before long, Robertson began feeling restricted. In those days, a complicated union relationship meant that TV anchors weren't allowed any editorial input into the words they were reading.

► Robertson's frustration eventually led to his then-shocking decision to move to CTV, a choice that chewed him up at the time.

► Robertson flourished at CTV. Beginning as a co-anchor with Harvey Kirck, Robertson rejoined in the increased creative control he was afforded, and ratings swiftly rose (Robertson takes pride in pointing out that CTV National News has become the country's top-rated national newscast).

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The Debt star has paid her dues

► Jessica Chastain's hard work has paid off, with roles in seven films being released in 2011 ► Varying films allowed actress to show off her skills

NED EHRBAR
SCENE@METRONews.CA
METRO WORLD NEWS IN HOLLYWOOD

Jessica Chastain would be worried about overexposure if only anyone knew what she looked like. "To be honest I don't get recognized, which is great," says Chastain, whose latest film, *The Debt*, finds her morphing into a raven-haired Mossad operative in 1960s East Berlin.

"I think sometimes a trapping of fame is that they don't want you to disappear into the role. They want you to be how they think you are."

While she's spent the last four years making movies, very little has made it to theatres — until now, since Chastain has seven films being released in 2011 alone.

That's a lot of roles to disappear into, and if anything, Chastain insists, having them all hit at once is a great defence against typecasting.

"I don't want to play the same thing twice," she says.

"Hollywood does try to think, 'Oh she can do that, so let's have her do it again.' And I'm really fortunate that it goes from

Tree of Life to *The Help* to *Take Shelter*, where I'm hoping that they just won't know what to do with me."

And if those three don't confuse casting directors enough, she's also got her spy games in *The Debt*, some Shakespeare in Ralph Fiennes' *Coriolanus*, screen time with Al Pacino in *Wilde Salome* and more gunplay in *Texas Killing Fields*.

Plus she's already completed the *Wettest County* in the World, and before the year is done she'll be shooting the horror movie *Mama*. Jumping from role

to role isn't a problem for Chastain. It's adjusting to the fame she'll likely be living with in 2012 that's daunting.

"Right now, it's all great. I'm getting to do the work and I'm getting to have a normal life," she says. "I am still shy. That red carpet at Cannes was out of this world and terrifying and exciting at the same time."

Making *The Debt* meant learning some new skill sets. "I'd never done an action film," she says. "I went to Juilliard, I was trained in Shakespeare and the classics, and so the



► Jessica Chastain has spent the last four years making films, but this is her breakout year, with seven movies being released.

idea of me running and jumping into a moving van and shooting guns was so foreign to me.

Luckily, there was help on set in the form of co-star Sam Worthington. "Sam was wonderful because it wasn't foreign to him, and he really was my coach during this film — like my action coach, where he would show me the best ways to hold a

gun," she says.

"Even with the running scenes, he was teasing me. He nicknamed me Tommy Cruise because he says that my action run was as good as Tom Cruise's."

In fact, the pair hit it off so well that they've become repeat co-stars. "After working with him on that, we joked that we had a three-picture deal," she says.

Grandpa clearly saw the benefit.



WAIT TIMES FOR CATARACT SURGERY SHORTER BY 193 DAYS.

Source: Ministry of Health and Long Term Care, March 2011.

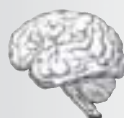
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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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Celebrity tweets



my friend omar just confessed that if he ever has children he wants to call the girl 'focus' and the boy 'trumpet'.... thoughts?

@MissKellyO

@kirstiealley

Ok...so I love everybody in the entire flippin universe again!!!!

if your favorite beastie boys song isn't 'high plains drifter' then we can never make love.

@danielitosh

@JonahHill

I bet skinny Jonah Hill isn't as funny as fat Jonah Hill.

All in a day's work

Brad Pitt rescues woman from being trampled while filming in Scotland

KEVIN WINTER/GETTY IMAGES

Brad Pitt has been playing heroes for so long that it must just come naturally to him now.

The actor reportedly jumped in to rescue a woman from being trampled on the set of his latest film, *World War Z*, currently filming in Scotland, according to the *Scottish Sun*.

Pitt's rescue attempt happened during a dangerous scene involving 700 panicking extras.

"I don't think she could believe it when Brad picked her up," a source says. "He didn't have time to speak to her as it was mid-shoot. But she said afterward how grateful she was, despite having a badly-grazed knee." **METRO**

► Brad Pitt



Beyoncé's baby causing delays

Beyoncé's pregnancy, which she proudly announced at the VMAs Sunday night, is reportedly already causing schedule issues at work for the singer and actress.

Beyoncé is signed up to star in a remake of a *Star is Born* directed by Clint Eastwood, a project Warner Bros. was hoping to get into production by February, according to Deadline. But that start date is

off the table now that the film's leading lady is expecting a child.

The good news, though, is that it gives Eastwood more time to find a leading man for Beyoncé, since first choice Leonardo DiCaprio isn't interested.

Other names mentioned include Will Smith and Christian Bale.

● METRO



Beyoncé

Shia LaBeouf + Marilyn Manson equals craziness

Shia LaBeouf had trouble keeping his drink in his mouth recently while out with friends in L.A., even making shock-rocker Marilyn Manson grow concerned, according to Life & Style.

"Shia picked up a water bottle and shot a mouthful of water all over his date's legs. Then he put more water in his mouth and started spitting it all over his table-mates, including

Marilyn Manson," a source says.

Manson reportedly tried to calm the *Transformers* star down, but "all of a sudden, Shia started shouting at his date and getting visibly angry."

LaBeouf then shot from his seat and forced his way out of the club, his date soon following. "Marilyn looked shocked and annoyed, but stayed seated," the source says. **METRO**

'It's our secrets that define us': Britney

DAVID LIVINGSTON/GETTY IMAGES



► Britney Spears

Britney Spears insists that, despite years of being an international celebrity, people don't really know the real her. "I can be pretty guarded with my personal life and I've learned that's OK," Spears tells *Pop Justice* in an interview.

"Sometimes it's our secrets that define us."

And despite any troubles

her fame has caused her, that doesn't mean she'd be opposed to sons Sean and Jayden following her into show business. "I'd definitely keep an eye on them, but if that's what they wanted to do then I'd let them go after it. I'd just be very protective," she says. "I wouldn't want them to go into it feeling fearful." **METRO**

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The soothing sounds of this free app (chirping crickets, thunder in the rain, bubbles or fire flame crackles) will help you unwind.

● MWLN



Vaccination rates for girls against cancer-causing HPV is lagging, U.S. CDC says

The big skinny on fat

► Hey there Twiggy, just because you're skinny doesn't mean you're a picture of good health

ISTOCK PHOTO



► Got fat? Evidence shows that carrying extra weight doesn't necessarily result in poor health.



**CELIA
MILNE**
LIFE@METRONEWS.CA

Not all obese people need to lose weight.

Evidence is mounting that obesity alone is not necessarily a predictor of bad health.

"It is important to realize that weight does not equal health," says Dr. Jennifer Kuk, an assistant professor in York University's school of kinesiology and health science.

In a recent study, Dr. Kuk and colleagues com-

pared the health status of 6,000 obese Americans with 23,000 thinner people.

They found that obese people with no physical or psychological limitations had about the same risk of death as lean people, and were actually less likely to die from heart disease.

Obesity only becomes risky when it is accompanied by factors such as high blood pressure, high cholesterol, high blood sugar and depression, they found.

"Obese people should go to their doctor to be evaluated," Dr. Kuk told Metro.

"If their doctor finds that they are healthy other than an elevated body weight, then this research suggests that they should focus on a healthy diet with regular physical activity as opposed to weight loss," says Dr. Kuk.

Earlier studies have found that trying and failing to lose weight could be detrimental to some people's health.

How do doctors assess

which obese people need to lose weight?

A tool developed at the University of Alberta, called the Edmonton Obesity Staging System (EOSS), shows your doctor whether you have obesity-related risk factors and therefore require some type of treatment or surgery.

"BMI only measures how big you are — not how sick you are," says Canadian Obesity Network founder Dr. Arya Sharma, who developed the EOSS.

Health factors

What determines health? Here are the list toppers, according to the Public Health Agency of Canada.

- Income and social status
- Support
- Education and literacy
- Employment
- Social environment
- Personal health practices
- Healthy child development
- Genetics
- Health services
- Gender
- Culture

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Vaccines largely safe, review finds

► Everything from flu shots to chickenpox analyzed

Vaccines can cause certain side effects, but serious ones appear very rare — and there's no link with autism and Type 1 diabetes, the Institute of Medicine says in the first comprehensive safety review in 17 years.

The report released Thursday isn't aimed at nervous parents. And the side effects it lists as proven are some that doctors long have known about, such as fever-caused seizures and occasional brain inflammation.

Instead, the review comes at the request of the government's Vaccine Injury Compensation Program, which pays damages

to people who are injured by vaccines. Federal law requires this type of independent review as officials update side effects on that list to be sure they agree with the latest science.

"Vaccines are important tools in preventing serious infectious disease across the lifespan, from infancy through adulthood. All health-care interventions, however, carry the possibility of risk and vaccines are no exception," said pediatrician and bioethicist Dr. Ellen Wright Clayton of Vanderbilt University, who chaired the institute panel.

Still, the report stresses that vaccines generally are

safe, and it may help doctors address worries from a small but vocal anti-vaccine movement.

"I am hopeful that it will allay some people's concerns," Clayton said.

There's suggestive evidence but not proof of side effects, including anaphylaxis from the human papillomavirus — or HPV vaccine — and short-term joint pain in some women and children from the MMR vaccine.

The report cleared flu shots of blame for two long-suspected side effects: Bell's palsy and worsening of asthma.

That doesn't mean there aren't other side effects —



ISTOCK PHOTO

the review couldn't find enough evidence to decide about more than 100 other possibilities.

Some vaccines are too new to link to something really rare. Another example: Flu shots have long come with a caution about rare, paralyzing Guillain-Barre syndrome, but Clayton said research hasn't settled if that's a coincidence since the disorder is more common during the winter.

THE ASSOCIATED PRESS

Side effects

The review echoed numerous other scientific reports that dismiss a link between vaccines and autism, but it counted some side effects:

- Fever-triggered seizures, which seldom cause long-term consequences, from the measles-mumps-rubella, or MMR, vaccine.
- MMR also can cause a rare form of brain inflammation

in some people with immune problems.

- The varicella vaccine against chickenpox sometimes triggers the viral infection.
- It also occasionally can lead to pneumonia, hepatitis or meningitis.
- Six vaccines — MMR and the chickenpox, hepatitis B, meningococcal and tetanus-containing vaccines — can cause severe allergic reactions known as anaphylaxis.

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TIME FOR MORE MEN TO GET WITH THE DENTAL PROGRAM!

It is a sad reality but the fact is that, traditionally, **men have not taken as good care of their oral health as women.** The reason for this may not be entirely clear. However the fact is that this reality has manifested itself in many different ways.

In the first place, men have **not been as diligent in daily home care of their teeth and gums.** In a number of surveys, more men have reported that they do not brush their teeth more than once per day, nor do they floss regularly or use mouthwash.

All of these practices are beneficial to your oral health. Yet men who fail to follow them have nothing but excuses to justify their inaction. Some men erroneously believe that once per day is sufficient. Others simply claim that they do not have the time to brush twice, floss once and rinse.

Your teeth need to be cleaned at least twice per day. The faster you remove biofilm from the surface of your teeth, the less likely you are to experience plaque build-up. That means you **reduce the chances of tooth decay, gingivitis and periodontal disease!**

As for time, it only takes approximately **5 - 6 minutes per day to look after your teeth!** Two minutes to brush in the morning, two in the evening and then add a minute or two for flossing and rinsing



Dr. Wayne Perron
Dental Surgeon

and you are done!

Of course, you can **feel free to brush more often!** But even following this minimum level should help immensely! Plus, it should not be that difficult to find 5 minutes in a day to look after your health.

Other areas where men fall short in their oral health include visits to the dentist. **Men are more likely to believe that they do not need to visit the dentist twice per year.** Even if they do believe this to be necessary, they are also more likely to feel that they do not have the time to visit the dentist.

Truth be told, today, many women are

just as busy, if not busier than many of us men. So if they can find the time, why can't the men?

Twice yearly check-ups are vital to ensure that your oral health remains in good condition. A lot about your health can change in 6 months. Aside from the health of your gums and teeth, **you could develop oral cancer in that time frame.** Your dentist wants to make sure any potential problems that develop are addressed before they become much larger, **possibly fatal!**

Fortunately, some dentists are reporting that **more and more men are placing a higher priority on oral health.** This may be due to an increased importance that is placed on male appearance and grooming today compared to yesterday.

Today, it is **not just women who recognize the importance of looking your best.** And that means making sure your oral health is top notch so that your smile is the best it can be!

To those men who have not joined the movement, it is never too late. Because taking care of your teeth is a healthy habit...and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

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● **ROMINA MCGUINNESS****What you****do:**

1 Get into a plank position then firm your shoulder blades against your back ribs and press your tailbone towards your pubis.

2 On an exhale, lower your torso and legs to a few inches above and parallel to the floor.

Keep the tailbone firmly in place and the legs active and turned inward. Draw the pubis towards the navel.

3 Keep the space between the shoulder blades broad and don't let the elbows splay out to the sides. Hold them in by the sides of the torso and push them back toward the heels. Press the bases of the index

fingers firmly to the floor, lift the top of the sternum and your head to look forward.

4 This is one of the positions of the sun salutation sequence. Hold for 10-30 seconds. And release with an exhalation

Benefits

► This pose focuses on strengthening your arms,

wrists and you abdomen.

► For increased challenge, roll over the balls of your feet onto the tops of your feet and shift the torso slightly forward, this will bring the hands back behind your waist and increase the challenge of the position.

STEPHANIE KNUTSSON,
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**Now here's something
to smile about.**



**1.3 MILLION MORE ONTARIANS
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Source: Ontario Medical Association, 2011.

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Salmon Tomato Cups

THE CANADIAN PRESS/HO



Ingredients:

- 6 campari tomatoes
- 2 cans (each 170 g) skinless boneless salmon, drained and flaked
- 125 ml (1/2 cup) sour cream or light sour cream
- 15 ml (1 tbsp) dried oregano
- 125 ml (1/2 cup) kalamata black olives, pitted and chopped

As we greet the local tomato crop, here is a wonderful recipe for luncheons or light suppers. This rendition uses campari tomatoes, which are larger than cherry and yet smaller than field tomatoes. If they're not available, choose smaller field varieties.

or a small melon baller to form tomato cups. Set aside.

2 In a medium bowl, blend salmon, sour cream, oregano and kalamata olives.

3 Mound salmon into tomato cups and serve by themselves or over mixed greens, if desired.

THE CANADIAN PRESS/
CLOVER LEAF

Preparation:

1 Cut tomatoes in half widthwise to make 12 tomato halves. Remove seeds using teaspoon

Eatery masters art of bagelsub

► Bagel Bagel isn't your average bakery ► Here, bagels are dipped in honey water, rolled, twisted, sprinkled with toppings and free of additives or salt

SHARI GOODMAN

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONews.ca



The rivalry between Bagel Bagel and Kettleman's is healthy, but it doesn't compare to the competition in Montreal between Fairmount and St. Viateur.

Having sampled all within the last month, I can affirm that Bagel Bagel



► Bagelsub and smoothie (\$14.76).

makes Montreal-style bagels that are every bite as good as those offered in Montreal itself.

The bagels at this bakery are free of any additives or salt. They are dipped in honey water, rolled, twisted, sprinkled liberally with popular top-

pings and then baked and slightly charred in the wood-burning oven on long wooden slats.

The result is a bagel that's chewy, dense, slightly sweet and tinged with tanginess from the malt used in the recipe.

With all that flavour,

any bagelsub is a win-win scenario. And you can never go wrong with a BLT, especially one with cheese.

It was perfect: toasted bagel, crispy bacon, fresh lettuce, sweet tomato and mild cheese.

Bagels, yes. Bagelsub, yes. Bagel Bagel, go.

► **Bagel Bagel**
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Social lunch: Yes
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Rating: 4 out of 5

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STAY SILENT IN SOME CASES

CHARLES THE BUTLER



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FOR MORE, VISIT
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Dear Mr. Butler,
You attend a party given by a friend and the next day you are feeling a tad sick and suspect food poisoning. Do you phone the host to ask if anyone else got sick and risk insulting them that it was their food, or just keep silent and continue to take your Graval/Imodium?
Regards, W.



► Food poisoning can be a result of some summer buffet tables.

Dear W,

If your discomfort can be cured with Graval/Imodium than I would absolutely keep it to myself as it really isn't anything too serious.

However if you needed to see a doctor because it was a serious case of food poisoning, I would not hesitate to contact your friend

so that the source can be determined.

Remember, before you eat anything on a summer buffet table, make sure it is fresh or else you are playing with fire.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

PLAYING HOUSE TOO QUICKLY?

My boyfriend and I went through a rough patch recently. We broke up and I moved out, but we're still into each other and haven't dated other people. We recently decided that it was worth trying to deal with things together as a couple and we both see a future together despite our issues. I'm really happy, but I'm afraid of moving back in together down the road and falling into our old patterns. Any advice?
Rough Patch

Andrea: Dear old-new-girlfriend,

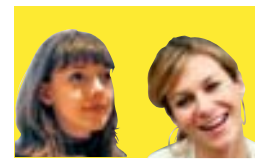
It sounds like moving out did you some good.

Sometimes we get a little crazy when we fall in love and play house a little too quickly.

Reclaiming your own life again can be a healthy experience by giving you a broader perspective when dealing with emotionally-intense issues.

It's encouraging to see a couple go through that and

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

choose to get back together.

Unless you two have a real hard time dating, it illustrates that you have a choice in the matter, thereby giving you some responsibility and some power to make decisions.

Use that power: take your time until you feel sure about where you want to take the relationship and how you want to live.

Don't move back in until you feel that all the major issues have been dealt with and that you can deal with future ones.

Claire: Dear Rough Patch,

Breakups are never easy, and sometimes they happen in chapters.

First comes the I-cannot-wait-to-get-away-from-him chapter.

Then the I'm-so-lonely-I-could-die-maybe-he-wasn't-that-bad chapter, which is often followed by the oops-did-we-just-do-that-again chapter, which sometimes leads to where you are right now. Does any of this sound familiar?

If not, and if you're sure you're not seeking each other out because you're lonely or scared, my advice is to follow my sister's advice: take your time, talk about what went wrong and about how you both plan to tackle it.

Facing your issues together is beautiful and brave. Take it slowly, and enjoy the makeup sex.

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Fundamental tips

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Last week an e-ton of questions landed in my email regarding my column on using morningstar.ca to evaluate and learn about your mutual funds.

Many of you had difficulty navigating the site and locating your funds.

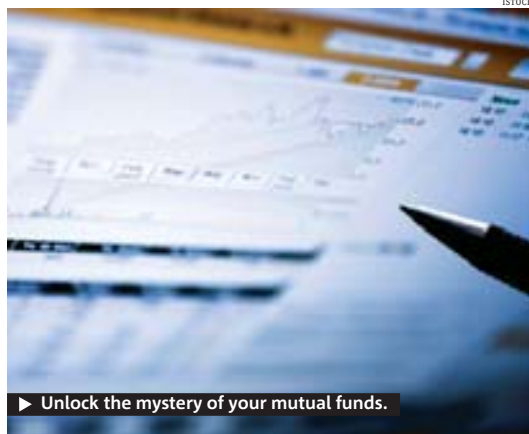
First of all, it ain't you! There's definitely a bit of a learning curve. If the closest you've ever come to your mutual funds is when you picked them in the first place, with or without the help of an advisor, then the relationship needs a bit of work.

Reader Evan had trouble finding Acuity Canadian Small Cap. So here's the drill.

Go to morningstar.ca. Near the top there's a line of tabs. Click on Funds. In the middle of the page you'll see a Tools menu. Choose Fund Lookup.

"Time is money so spend a few minutes to find out if your mutual fund is good, bad or a real barker."

-ALISON'S MONEY RULE



► Unlock the mystery of your mutual funds.

Type your fund in the box titled, Enter Fund Name. Note: Sometimes, the abbreviated name on an investment statement (such as your RRSP) will not match how it is listed.

If the browser can't locate the fund, choose Sponsor Name instead of fund name and scroll through the (often long) list of funds that appear. Sponsor, in Evan's case, would be Acuity.

I typed in Acuity Canadian Small Cap and up popped another window.

Click on the fund name — sometimes there are a couple of options, so choose yours, then click View Quicktake Reports.

Oh dear. Who let the dogs out? What appears is a thumbnail of the fund including, right at the top, a

single star out of five.

That means Morningstar rates this fund as a pooch.

In the graph a blue line shows the fund has underperformed others in its category and its benchmark index for the past three years.

Below the graph is a performance chart. Don't worry about all the numbers, just look at "% Rank in Category" — one per cent being the top and 100 per cent being the bottom. A little counterintuitive, I know.

Acuity Canadian Small Cap is 51, 92 and 96 for one, three and five years — subpar in spades.

GO TO ALISONGRIFFITHS.CA TO FIND LAST WEEK'S COLUMN, OR SEARCH MY NAME ON THE METRO SITE, AND NEXT WEEK I'LL SHOW YOU HOW TO FIND TOP PERFORMING FUNDS.

STOP COMPLAINING ABOUT TUITION AND START WORKING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



School is expensive. I get it! I paid my way through a four year undergraduate degree and an MBA by working throughout both programs. Was it worth the sleepless nights and \$100,000 investment? Yes.

My education has given me opportunities that I wouldn't have otherwise had. I'm passionate about my work and earn good money.

Seventy-five per cent of future jobs will require education. Certainly there are very successful people in North America without it. But this phenomenon is becoming less common be-

cause the corporate cultural norm has changed: education is critical.

Stop complaining about the costs. The short term pain of large tuition bills pales in comparison to your long-term income gains. According to the National Graduates Survey (Statistics Canada), your long-term income-earning ability is up to a million dollars greater than a high school graduate's when you invest in post-secondary education. Plus, your quality of life and career opportunities are greater.

If you're struggling to cover the tuition tab, get a job. Apply for paid co-op, internship and work experience programs related to your field of study. These opportunities are posted on employer and career centres' websites. Aim for full-time work in the summer and a part-time arrangement while you're in

school. Sound boring? Spice it up with an over-seas work term.

While classes are in session, work on or near campus. Your faculty, the libraries, restaurants, stores and fitness centres need staff. If you're feeling entrepreneurial, turn your hobbies into money: photography, writing, web design, etc. Apply for scholarships, bursaries and income assistance through the campus registrar's office or library.

Student debt is often unavoidable. But, by working throughout and saving up your income, you can significantly offset the costs of tuition. This will give you greater financial flexibility after graduation. Plus, working is a great way to meet friends and grow your professional experience. Whatever you do, ensure you've got sufficient time to focus on your studies.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

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4
sports

Sports in brief



Michael Vick is really back on top now.

Vick and the Philadelphia Eagles agreed on a six-year contract yesterday that again makes the Pro Bowl quarterback one of the highest-paid players in the NFL.

A source familiar with the negotiations told The Associated Press the deal is worth \$100 million US, including about \$40 million guaranteed.

THE ASSOCIATED PRESS

Sharapova survives scare

► After dropping first set and nearly blowing lead in second, Russian star wins her match

Maria Sharapova's slow start almost turned into an early exit at the U.S. Open.

The three-time major champion picked up her game in time to avoid an upset against 102nd-ranked Heather Watson, rallying for a 3-6, 7-5, 6-3 victory yesterday in the opening round.

After being thoroughly outplayed in the first set, third-seeded Sharapova let a 4-1 lead in the second slip as well. She shored things up at 5-all in the second to pull out that set. She also led 4-1 in the third, but gave back a break. After that, Sharapova broke right back then served out her match against the 19-year-old Brit, who was making her first appearance in the main draw at Flushing Meadows.

Sharapova improved to 12-0 this year in third sets.

"In the end, that's kind of where it counts," she said after a match that lasted two hours, 34 minutes. "No matter how tired or whether you're playing your best tennis or sometimes your worst, you keep fighting for it."

Not showing the same kind of fight was fifth-seeded Petra Kvitova, who became the first reigning Wimbledon champion to lose in the first round of the U.S. Open. She made 52 unforced errors in a 7-6 (3), 6-3 loss to Alexandra

"Consistency at the end helped me get through the match."

MARIA SHARAPOVA

Dulgheru and has won only two matches since hoisting the trophy at the All-England Club last month.

"After I made some mistakes, I was mentally down," Kvitova said.

Last year's U.S. Open and Wimbledon runner-up, second-seeded Vera Zvonareva, defeated Stephanie Foretz Gacon of France, 6-3, 6-0.

Other women's winners included No. 13 Peng Shuai, No. 19 Julia Goerges and No. 27 Lucie Safarova.

The early headliner for the men was American Mardy Fish, who at No. 8 is the highest-ranked U.S. player in the tournament.

Fish lived up to his billing, opening his stay at Flushing Meadows with a 6-2, 6-2, 6-1 victory over Tobias Kamke of Germany.

The 29-year-old opened the match by losing his serve, but that turned out to be the only hiccup. He is one of 14 American men entered in the U.S. Open, as the host country continues the quest to find its next great champion. No U.S. man has won a major since Andy Roddick won in New York in 2003.

THE ASSOCIATED PRESS



► Maria Sharapova, top, shakes hands after defeating Heather Watson.



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5

ROOKIES
TO WATCH

Twenty-six promising prospects gathered in Toronto yesterday for the NHL Players' Association's rookie showcase. Edmonton's Ryan Nugent-Hopkins and the five players selected behind him in the 2011 draft were all invited along with others who might be ready to make the leap to the NHL this year.

Here's a look at five who could make an impact.



**GABRIEL LANDESKOG,
LW, COLORADO:**

► Selected behind Ryan Nugent-Hopkins in the June draft, he appears more ready for prime time. The 18-year-old is physically mature at six feet and a little over 200 pounds and should be able to earn a spot on a rebuilding team. The power forward counts Jeff Skinner among his friends and would love to follow in the footsteps of the NHL's reigning rookie of the year.



**BLAKE GEOFFRION,
LW, NASHVILLE:**

► The grandson of Bernie (Boom Boom) Geoffrion got a good taste of life in the NHL last season, appearing in 20 regular-season games for the Predators and another 12 in the playoffs. He'll be able to draw on that experience while still being considered a rookie (a first-year player must appear in 25 regular-season games to lose that status).



**BRENDAN SMITH,
D, DETROIT:**

► The biggest question is how much NHL action he'll see this season with an organization famous for giving young players all kinds of time to develop. The 22-year-old defenceman had a respectable 32 points in 63 games with the AHL's Grand Rapids Griffins last year and could help fill a void in Detroit following the retirement of Brian Rafalski. Smith is considered one of the organization's top prospects.



**BRETT CONNOLLY,
RW, TAMPA BAY:**

► The 19-year-old is a prospect the Lightning are excited about, especially after seeing him score 46 goals in 59 WHL games for Prince George last year. That was a strong performance following a season that saw him miss significant time with a hip injury. Connolly doesn't have a roster spot locked up with the Eastern Conference finalists, but could be a contributor if he makes the team.



**DAVID RUNDBLAD,
D, OTTAWA:**

► A major rebuilding project is underway in the nation's capital and Rundblad could be one of the bright spots. Acquired in a trade from St. Louis, the former first-rounder already has three full seasons of pro hockey under his belt in Sweden. Rundblad is a mobile blue-liner who should see some time on the power play.

THE CANADIAN PRESS

Lane. Violation



► China's Liu Xiang, left, and Cuba's Dayron Robles, centre, tangle as American Jason Richardson gives chase yesterday at the World Athletics Championships in Daegu, South Korea.

ALEXANDER HASSENSTEIN/BONGARTS/GETTY IMAGES

Gold yanked from Cuban's grasp

Olympic champion Dayron Robles was disqualified for pulling rival Liu Xiang out of the hunt for gold in the 110-metre hurdles yesterday, handing world championship gold to American outsider Jason Richardson. Robles crossed the line first, but Liu appealed after the Cuban tangled with him over the two last hurdles, which suddenly pushed the Chinese into third place. Robles was disqualified for "obstruction," handing Richardson the gold, Liu silver and Andrew Turner of Britain bronze.

THE ASSOCIATED PRESS

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**Andy's mom thinks
Andy's one in a million.
Well we know he's at least
one in twenty-three.**

97% OF ONTARIO KINDERGARTEN
TO GRADE 3 CLASSES
NOW HAVE 23 OR FEWER STUDENTS.

Source: Ministry of Education, 2011.

Phil McNeely, MPP

www.philmcneely.onmpp.ca | @PhilMcNeelyMPP | 613-834-8679

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	82	51	.617	—
New York	80	52	.606	1½
Tampa Bay	73	59	.553	8½
Toronto	66	67	.496	16
Baltimore	53	79	.402	28½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	60	.549	—
Chicago	66	65	.504	6
Cleveland	66	65	.504	6
Minnesota	56	77	.421	17
Kansas City	55	79	.410	18½

WEST DIVISION

	W	L	Pct	GB
Texas	76	59	.563	—
Los Angeles	72	61	.541	3
Oakland	60	74	.448	15½
Seattle	56	76	.424	18½

Last night's results

Kansas City at Detroit

N.Y. Yankees 3, Baltimore 2

Cleveland 2, Oakland 1

Tampa Bay at Toronto

Minnesota at Chicago White Sox

L.A. Angels at Seattle

Sunday's results

Kansas City 2, Cleveland 1

Tampa Bay 12, Toronto 0

Baltimore 2, N.Y. Yankees 0, 1st game

Oakland at Boston, ppd., hurricane threat

Minnesota 11, Detroit 4

Chicago White Sox 9, Seattle 3

N.Y. Yankees 8, Baltimore 3, 2nd game

Texas 9, L.A. Angels 5

Tonight's games

Kansas City (Francis 5-14) at Detroit (Fister 6-13), 7:05 p.m.

Oakland (Cahill 9-12) at Cleveland (J.Gomez 0-2), 7:05 p.m.

Toronto (Cecil 4-7) at Baltimore (Guthrie 6-16), 7:05 p.m.

N.Y. Yankees (Sabathia 17-7) at Boston (Lackey 12-9), 7:10 p.m.

Tampa Bay (Hellickson 11-9) at Texas (Feldman 0-0), 8:05 p.m.

Minnesota (Swarzak 3-4) at Chicago White Sox (Z.Stewart 1-3), 8:10 p.m.

L.A. Angels (J.Williams 1-0) at Seattle (A.Vasquez 1-0), 10:10 p.m.

Wednesday's Games

Kansas City at Detroit, 1:05 p.m.

Minnesota at Chicago White Sox, 2:10 p.m.

Oakland at Cleveland, 7:05 p.m.

Toronto at Baltimore, 7:05 p.m.

N.Y. Yankees at Boston, 7:10 p.m.

Tampa Bay at Texas, 8:05 p.m.

L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	84	46	.646	—
Atlanta	79	54	.594	6½
New York	63	68	.481	21½
Washington	62	70	.470	23
Florida	59	73	.447	26

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	81	54	.600	—
St. Louis	70	64	.522	10½
Cincinnati	67	67	.500	13½
Pittsburgh	62	71	.466	18
Chicago	57	77	.425	23½
Houston	44	90	.328	36½

WEST DIVISION

	W	L	Pct	GB
Arizona	75	59	.560	—
San Francisco	71	63	.530	4
Colorado	64	70	.478	11
Los Angeles	62	70	.470	12
San Diego	60	74	.448	15

Yesterday's results

N.Y. Mets 2, Florida 1, 1st game

Philadelphia 3, Cincinnati 2

Florida at N.Y. Mets

Pittsburgh at Houston

Colorado at Arizona

San Diego at L.A. Dodgers

Chicago Cubs at San Francisco

Sunday's results

Cincinnati 5, Washington 4, 14 innings

Atlanta at New York, ppd., hurricane threat

Florida at Philadelphia, ppd., hurricane threat

Milwaukee 3, Chicago Cubs 2

St. Louis 7, Pittsburgh 4

Houston 4, San Francisco 3, 11 innings

Colorado 7, L.A. Dodgers 6

Arizona 6, San Diego 1

Tonight's games

Florida (Vazquez 7-11) at N.Y. Mets (Pelfrey 7-10), 7:10 p.m.

Philadelphia (Halladay 15-5) at Cincinnati (Arroyo 8-10), 7:10 p.m.

Washington (L.Hernandez 7-12) at Atlanta (Jurjens 13-5), 7:10 p.m.

Pittsburgh (Morton 9-7) at Houston (Sosa 1-2), 8:05 p.m.

St. Louis (E.Jackson 3-2) at Milwaukee (Marcum 11-4), 8:10 p.m.

Colorado (A.Cook 3-7) at Arizona (Miley 1-1), 9:40 p.m.

San Diego (Stauffer 8-10) at L.A. Dodgers (Kuroda 10-14), 10:10 p.m.

Chicago Cubs (Garza 6-10) at San Francisco (Vogelsong 10-4), 10:15 p.m.

Tomorrow's games

San Diego at L.A. Dodgers, 3:10 p.m.

Chicago Cubs at San Francisco, 3:45 p.m.

Florida at N.Y. Mets, 7:10 p.m.

Philadelphia at Cincinnati, 7:10 p.m.

Washington at Atlanta, 7:10 p.m.

Pittsburgh at Houston, 8:05 p.m.

St. Louis at Milwaukee, 8:10 p.m.

Colorado at Arizona, 9:40 p.m.

SUNDAY

RAYS 12, BLUE JAYS 0

Tampa Bay

Jnnings lf	5	3	4	3
Damon dh	6	0	1	0
Longori 3b	4	0	1	1
Zobrist 2b	5	2	1	1
Kitchm 1b	2	1	0	0
BlUpton cf	4	1	1	0
Joyce rf	6	1	3	2
Jaso c	6	2	2	2
SRdrgz ss	3	2	1	2
Arenci c	3	0	0	0
Totals	41	12	14	11

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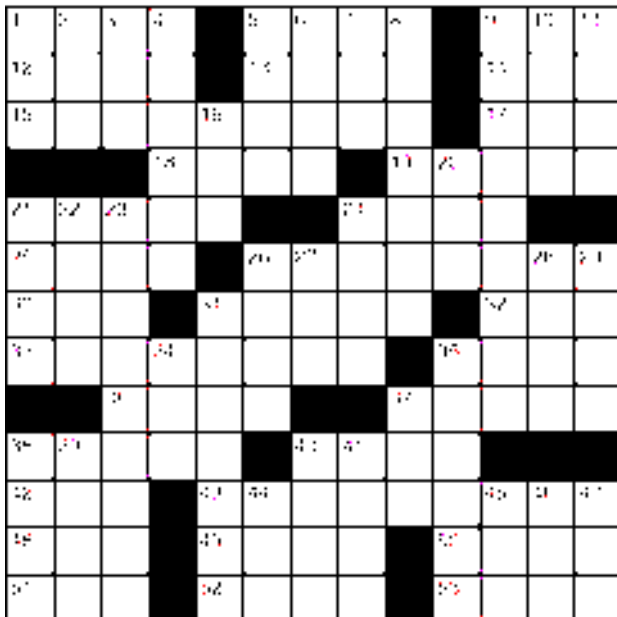
Crossword

Across

- 1 Times in history
- 5 Mob boss
- 9 Bruce Wayne's inspiration
- 12 Run (into)
- 13 Shakespeare's river
- 14 Whopper
- 15 Hit laterally
- 17 Greek mountain
- 18 Conked out
- 19 De Mille of dance
- 21 Mislays
- 24 Age (Sp.)
- 25 Parisian pals
- 26 Thick syrup
- 30 Angry
- 31 100%
- 32 Call — day
- 33 Building and its grounds
- 35 June 6, 1944
- 36 Hog call
- 37 Rinds
- 38 Garbage transport
- 40 Notion
- 42 Antiquated
- 43 Deflect
- 48 Pirouette pivot
- 49 Store transaction
- 50 Half a sextet
- 51 That woman
- 52 Retired (Abbr.)
- 53 Milliner's mannequin

Down

- 1 Recede
- 2 Play with robots
- 3 Latin 101 word
- 4 Popular card game
- 5 Beer order
- 6 Enthusiastic

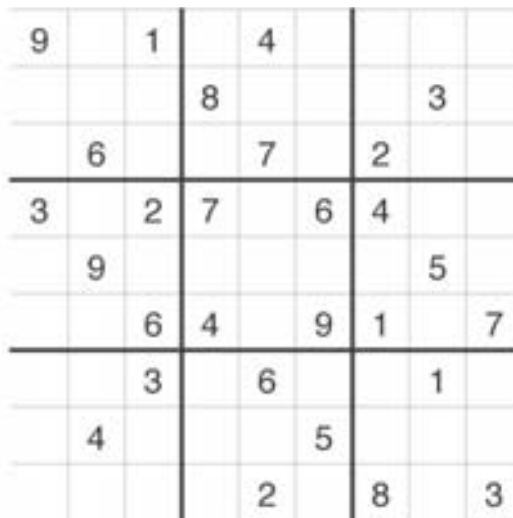


- 7 Pea holder
- 8 Vitamin ration
- 9 Surprise unpleasantly
- 10 Staffer
- 11 Earl Grey's family?
- 16 Affront (SL)
- 20 Petrol
- 21 Genie's home
- 22 Sharif or Epps
- 23 Fries, often
- 24 Right angles
- 26 Cologne ingredient
- 27 Bullring cheer
- 28 And others (Abbr.)
- 29 "Simon —"
- 31 Adroit maneuvering
- 34 Soviet fighter plane
- 35 Lack
- 37 Favorite
- 38 This and that
- 39 Lotion additive
- 40 Not working
- 41 Antelope's playmate
- 44 "— the Walrus"
- 45 Exist
- 46 US spy org.
- 47 Decked, for short

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

my PB
I just love you so so much!
You are my sugar muffin
<3..I want to thank you so much for always being there for me & always having my back even through my rough times. You are the best man in the world and I will ALWAYS have ur back forever!! xxoo

FROM YOUR J

26;k
Sweetcheeks! With every heartbeat I think of you, and you going to Ottawa for university does not change that. You're my one and only thrill and the best gift I could ever get out of life. I will always love you and with you by my side and me by yours, I look towards the future with a smile on my face. I love you baby

FROM 09

Today's horoscope

♈ Aries March 21-April 20 Make an effort to sort out problems with loved ones, especially those that involve money and possessions.

♉ Taurus April 21-May 21 Someone in a position of authority will look kindly on you today.

♊ Gemini May 22-June 21 Anything of a creative nature will go well today, but it will go even better if you involve loved ones.

♋ Cancer June 22-July 22 The Someone interesting is about to come into your life. Don't look down and pretend you don't see.

♌ Leo July 23-Aug. 23 You may think it's best to go with the flow but is that the right attitude? You were born to make things happen.

♍ Virgo Aug. 24-Sept. 22 It's not like you to be impulsive but you may overreact a bit today.

♎ Libra Sept. 23-Oct. 23 If you are determined to transform your life — and you should be — start making changes immediately.

♏ Scorpio Oct. 24-Nov. 22 Don't be discouraged if something does not work out the way you want it to today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

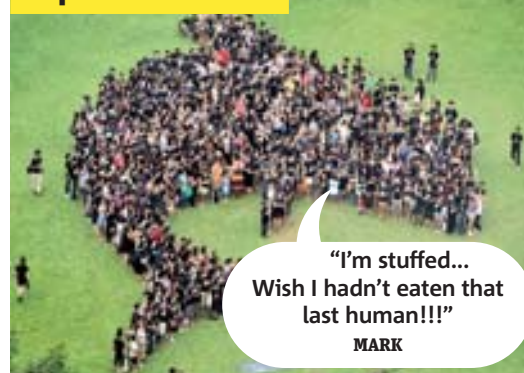
♐ Sagittarius Nov. 23-Dec. 21 Fix your sights on your most important goals and don't stop until you have reached them.

♑ Capricorn Dec. 22-Jan. 20 Good things will come at you today from all directions. Enjoy each and every one of them.

♒ Aquarius Jan. 21-Feb. 18 Someone you think of as a friend is secretly jealous of your success and plotting against you.

♓ Pisces Feb. 19-March 20 Don't be hasty when you make decisions today. **SALLY BROMPTON**

Caption contest



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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